



Panaga Outpost Pages
Seria, Brunei Darussalam

September

Highlights:

- › Upcoming Events
- › Summer Activities Recap
- › Interviews with Rookie and Veteran Panagans
- › Delicious Long Beans!

Contact us at outpostbrunei@shell.com.



Welcome to Outpost

About Outpost Brunei-Seria

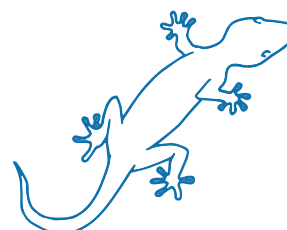
Outpost is an information hub for expatriate families in all stages of their posting. We provide the following services:

- › Meet-n-Greet for newcomers
- › Networking events including information mornings
- › Workshops on topics like CV writing, first aid, how to prepare for your move, wildlife in Panaga, and third-culture kids
- › Weekly language classes
- › ... and many more!

Check our Facebook page (Outpost Seria, Brunei) for up-to-date information.

Contents

Welcome to Outpost	2
Upcoming: Panaga Club Festival	4
Upcoming: Nigerian Independence Day	5
Veterans and Rookies: Gail and Steph	7
Tamu Time: Long Beans	11
Snapshots	13
Notice Board	16
Brunei Public Calendar	19
Community Calendar	20
Event Information	20
Local Etiquette	23
Emergency Numbers	24
Panaga Health Centre	25
Outpost Brunei Team 2019	26



Contact us

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Website: seria.globaloutpostservices.com

Facebook: Outpost Seria, Brunei

Or come visit our office!

Outpost Brunei, Seria
Lapanpuluh A1
F12, Panaga, KB 3534

Opening Hours

Monday: 9 - 11 a.m.

Tuesday: Open only for courses

Wednesday: 9 - 11 a.m.

Thursday: 9 - 11 a.m.

Friday: 9 - 11 a.m.

Event Coordinator Needed!

Outpost is looking for a volunteer Event Coordinator to fill in for Pratibha during her maternity leave from September/October through January. Responsibilities include organizing small events like coffee mornings, workshops and cooking classes, but there is some flexibility for other types of events if you have ideas! Please get in touch if you're interested in helping out.

Focal Point Note

It is my pleasure to welcome you to the September issue of Outpost Brunei's POP newsletter. To those of you who have returned home after summer break: Welcome back! We hope you had a great holiday and are fully recharged to start things up again.

To the many of you who have newly arrived in Brunei over the last few weeks, we extend a very warm welcome! We hope your move and the settling-in process have gone smoothly so far, but we understand that complications can arise, so do let us know if you need assistance or advice. Outpost Brunei has had the pleasure of meeting a number of you at our Wednesday-morning sessions at the office, at the Newcomers' Coffee Morning we hosted at Panaga Club in early August, and at the most recent Living in Panaga Session. As always, if you have any questions that have not been answered here or on our Facebook page or our website, or if we have not had a chance to meet yet, please don't hesitate to get in touch with us.

Starting Tuesday, September 3, the Outpost office at Lapanpuluh will resume normal opening hours: Week-days (except Tuesday) from 9:00 – 11:00 a.m. The Outpost team has various fun and informative activities planned for the rest of the year, so keep an eye out for our announcements.

If you (or your spouse) have not been receiving emails from us, please contact us at outpostbrunei@shell.com so we can update our mailing list.

Wishing you all happy reading!

Marleen
Focal Point
Outpost Brunei



Share with the community through Outpost!



Volunteering

We would love to hear about your volunteering experiences in Brunei and nearby countries: Where have you volunteered since moving here? How did you

like it? Would you recommend it to other expats? Help your fellow expats find a good cause to support!

Travel Stories

For many of us, living in Brunei is an opportunity to explore the region, so we're always eager to hear unique and interesting travel stories. If you have visited an unusual destination or taken part in an exciting activity in a well-traveled place we would love to hear from you.



Upcoming Events

Coming Up: 2nd Annual Panaga Club Festival

By **Petra Pronk-Moelker**

Bouncy castles. Zipline. Tug of War. Archery. ATVs. Cultural performances. Good music. And of course, food and beverage. We are talking about the one and only Panaga Club Festival, which will be held 22 September. A full day of festivities for members and non-members. Don't miss it!

The first Panaga Club Festival in 2018 was a great success. A lot of people took the opportunity to see what the club is like. Last year it ended at 5 p.m. — "too early" was the general opinion. So this year the organizing team decided to extend the opening hours from 9 a.m. to 10 p.m. During that time there is a lot to see, hear, taste and do, and a lot of people to meet.

With this year's second edition, the Panaga Club Festival is now officially a new tradition.

"This festival is more than just any regular event – as we are also bringing activities for members and public to enjoy," says Khairul, Marketing Coordinator at Panaga Club. "All through the year the different sections of Panaga Club organize a lot of activities, but on this festival the focus is not on the sections but on the Panaga Club as a whole. It was pretty successful last year. We got a lot of visitors from all over the country and we

received good feedback, not only from members but also from non-members. With this festival we try to break the mindset barrier that Panaga Club is for members only. It is a great opportunity for everyone who is not a member yet but keen to know what Panaga Club has to offer; this is your opportunity to visit the Club."

Program

During the day there is an extensive program for people of all ages and with different interests. Different sections will be present, from the Arts and Crafts section to the Golf section to the Art of Living section, presenting themselves with interesting activities.

In the beach area there will be water sports activities by PONI Divers like Kayaking, Jet Skiing, ATV and a Banana Boat ride.

At the Padang area there will be kids activities like gigantic bubble blowing, bouncy castles and face painting. There will be bagpipe and drum performances from the Garrison and also festival games like ring toss, balloon darts and more. For those who are interested in teaming up for some friendly competition, tug-of-war games will be available too.

During the evening you can enjoy great music from famous local band One Bend, who recently performed for Battle of the Bands in July at Pusat Belia, Bandar Seri Begawan.

Given the tremendous success from last year's Panaga Club event "Bring It Alive!" these musicians will perform again at Panaga Club Main Hall.

New

Of course there will be a lot of food and drink from local vendors of all four districts, from exciting newbies to more established parties. This year Azul Beach Club is

(continued)



Upcoming Events

participating for the first time. Never been there before? The Festival is a great opportunity to enjoy the food and the beautiful view from the beach shelter, where Azul has set up shop.

There is one part of the festival program that Khairul is particularly excited about.

"Last year we didn't have Mascot vendors participating," Khairul says, "so this year we have one. We have Ironman and Bumblebee! They will mingle around the Club premises for meet-and-greet and kids will definitely enjoy it, and so will their parents!"

The Panaga Club Festival is open to everybody. Entrance to the Club is free and participation fees for activities start at \$1.00.

So, if you are in for a party, please come and join us!

Interested in participating as a vendor? The registration form is available from the Club website.

For the latest information about the Festival, follow the Panaga Club on social media!

Facebook: @officialpanagaclub

Instagram: @officialpanagaclub

You're Invited: Nigeria's 59th Independence Day!

By Oladayo Otegbeye

On 1 October 2019, Nigeria marks its 59th Independence Day. As is the usual practice, the Nigerian Section of the Panaga Club will be hosting the annual Nigerian Independence Anniversary Celebration (NIAC), and it promises to be LIT!!! The theme for this year's event is "Sounds and Beats of Nigeria".

Nigeria gained her independence from the British government in 1960 after being colonized since the mid-19th century. There are several ethnic groups that make up the country with widely varying traditions and customs, but each Independence Day reminds us of our shared heritage and unity as Nigerians. Independence Day in Nigeria is a remarkably colourful event featuring a nationwide broadcast message from the president, military parades, march-past events by our precious and exuberant children, musical and cultural events, parties

(continued)

Past Nigerian Independence Day Celebrations



(left) Traditional female outfit from the Hausa people in Northern Nigeria, ceremonial male regalia from the Ibo people of Southeast Nigeria, a lovely traditional (although with some Western infusion for "swag") female outfit from the Yoruba people of Southwest Nigeria. (right) 56th Independence Day: Nigerian High Commissioner to Malaysia and Brunei Darussalam presents a charity cheque to a representative from SMARTER Brunei.



Upcoming Events

and bonfires to name a few. It remains one of the most celebrated days in Nigeria as everyone regardless of ethnicity, religion or sociocultural beliefs has a common cause to celebrate. And we really go all out!

Nigerians in diaspora are not left out of the fun. Independence Day provides an opportunity to remind ourselves of our great nation and gives us a much-needed excuse to have fun! It is particularly exciting to have the opportunity to share the festivities with our host country and other nationalities enabling us showcase the hospitable and true Nigerian spirit!

There are a bevy of activities lined up to mark the celebration this year including an exciting children's event, open golf tournament and a friendly football match. The grand finale, the NIAC dinner will feature children's performances, documentaries of Nigeria's rich heritage, sights and sounds of Nigeria, and of course

tasty, yummy Nigerian food! (See the Event Information section of this issue for details.)

The events aim to showcase the beauty, diversity and warmth of Nigeria as well as highlight our special relationship with Brunei. There will be a charity presentation to a selected cause at the dinner event; this is just one of our ways of giving back to the great Nation of Brunei Darussalam, which has welcomed Nigerians over the years with open arms.

Do make time to attend the events; we look forward to seeing you there!!! If you have any questions, contact nigeriansectionpanaga@gmail.com or Oladayo.Otegbeye@shell.com. Separate invitations will be sent out for the dinner event...

Naija no dey carry last!

Past Nigerian Independence Day Celebrations



(left) 49th Independence Day: Nigerians and friends come together for a pose! So diverse, yet so united! And our kids stole the show!!! I am third from right in the last row all decked out in my green and white Agbada and Fila! (bottom left) 56th Independence Day: March past as part of the drama re-enacting our Independence Day in 1960! "Princess Alexandra of Kent" and "Sir Abubakar Tafawa Balewa" receiving the military salute!!! I commanded the parade (see me with the big smile right in front of the princess!!!) and I still feel great about it till this day! (below) 57th Independence Day: Our cake designer talks the audience through the symbolisms depicted in our colourful cake. Note our popular "Molue bus", the overflowing gourd pot and the colourful Nigerian attire!



Veterans & Rookies

Veterans and Rookies: Gail and Steph

By Petra Pronk-Moelker

Your first couple of weeks in Panaga are all about discovery. Fortunately, as a newcomer you don't have to reinvent the wheel. The Panaga community consists of people in different stages of their Brunei career, so it makes perfect sense to benefit from the experience of those who have been here for a while. And the community can benefit from hearing newcomers' impressions and seeing the amazement of a fresh pair of eyes.

Here, Gail Hughes and Steph Smith exchange experiences: Two stories about hopes and dreams and lessons learned.

Veteran: Gail Hughes

What did you expect when you first got here?

In a way I knew what to expect, because we had lived in Malaysia for some time, which has similarities to Brunei and I enjoyed living there. But there was also a big difference with former postings: Brunei is the first posting without my children. It is very easy to meet people through school. When you don't have that, you will have to put yourself out more and speak to people. That can be quite challenging, especially if it does not come naturally. But it is also a great opportunity for growth.

What do you like most about Brunei?

Living in the sunshine. I do miss the snow, but wherever you live, there is always something missing. Brunei does not have to be the answer to everything. This country will always have a place in my heart. It has given me so much more than I expected. I love the slower pace of life, the simple pleasures like watching the sun going down. In the UK you don't make time for things like that.

I also like being part of the international community and the way we all get connected so naturally. In the UK

people are much slower to develop friendships. Here, you get to know people very fast and you make friends more easily. I have learned so much from meeting people of different nationalities. It is a tight community. We share precious moments together, have drinks together on Christmas morning and are hosting and attending parties. These people are like our Panaga family.

Apart from that Brunei is the perfect base for travelling Southeast Asia. In 2.5 years we have been to so many fantastic places and I am looking forward to seeing many more.

What's the most difficult?

Being away from my family is difficult. However, even though my children are not living here, they come over
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Meet Gail

Married to: David

Mother to: Michael (26), Gavin (23), Gregor (21)

Occupation: Former HR professional

Previous postings (not with Shell): Kuala Lumpur, Bangkok

Coming from: UK

Arrived in Brunei: 21 January 2017

Veterans & Rookies

often. Normally children in their 20s don't go on a holiday with their parent, but we are spending a lot of quality time together. We have taken them to places such as Australia, Vietnam and Singapore, and built up memories together. So being here is also good for family bonding. We are also fortunate that we have had a number of friends spend a vacation with us here in Brunei.

What is the most important thing for having a great time here?

You have to organize things. If you like an activity which is not there, start it yourself. You might be surprised what will happen. I know a couple who love salsa dancing, and started a group. As for myself: I wanted to walk, so I started a Beach Walk group. It has given me more than I expected, because walking on the beach is not just about walking. It's also about connection, friendship and looking after each other.

What did you want to achieve while being here?

One of the good things about reaching a certain age is you don't think in terms of achieving in the same way as you used to do. I am not setting goals all the time like I did at work but I am happy to be more relaxed here and I have time to try new things or things I like to do.

Panaga is beautiful, but it is also very small. Don't you ever get bored?

Of course I do. We all have a lot of time on our hands, so it is important to make a habit of getting out of the house and doing things. If I am fed up, I call someone for a coffee, plan for a trip away or create my own project. I find it very rewarding to be a volunteer. For instance, I have volunteered as an Elf for Santa's Grotto for two years now and have been involved in KBSC (Kuala Belait Scottish Community) committee organising the Highland Games and St. Andrew's ball. Though I am Scottish, I would not dream of getting involved in these events at home. But here it's great to be part of it. When you volunteer and get involved, you get so much back. It really makes me feel part of the community. I recom-

"As an expat you go through a massive learning curve."

mend volunteering at school and at the Panaga Club – there are lots of roles of varying size such as secretary, treasurer of social groups; class parent, kid's sports coaches and helpers; Elf for Santa's Grotto; helpers for Guides, Brownies, Rainbows, Cubs and so on.

For me it is very important to create anchor points. I try to create anchors in the day, the week, the month and the year. Things I like to do or new activities. You have to invest in change. It is nice to get involved in things you would never imagine. Last year I completed a sailing course, so now I am a qualified skipper. Something I had never had time to do before, although I have sailed for a number of years.

Did being an expat change you as a person?

Definitely. One of the nicest things about being an expat is you go through a massive learning curve and discover new things about yourself. To be honest, I did not want to be an expat, "one of them". I saw "them" as super confident, completely different from myself. I was afraid I would not fit in and would have to give up my identity. But that is not the case at all. Living in a community is not about giving up your identity. It is going beyond that. It is all about expanding your boundaries. You have to step out and show yourself. That can be scary, but it is also exciting.

I find myself doing things I have never done before. With every new experience, you grow as a person. And you grow most as you push yourself beyond your boundaries. Doing that, you are building up confidence. I am not so afraid of "not fitting in." I just try to be me and do things that I like.

How about the next step?

Maybe we will do one more posting. We will see what

(continued)

Veterans & Rookies

comes around and take it from there. The only thing that matters is that we are together. I have been in the UK with the boys for some years while David was working abroad. That was not ideal. He is my best friend, so whatever we do, we will do it together.

Rookie: Steph Smith

What was your first impression of Brunei?

We were here on a pre-visit November last year to see the area and, most of all, the schools. The children are at a critical age, so we wanted to make sure they would be happy here. Luckily, school was great. Our first impression was one of calm and peace. No hustle and bustle, everyone was friendly. We were lucky to be introduced to some future colleagues of Steve right away. They showed us some of the accommodation, the



Meet Steph

Moved from: Aberdeen

Married to: Steve (Helicopter Pilot – Shell Aviation)

Children: Matthew (15), Callum (13), Oliver (8)

Occupation: Bookkeeper

Previous postings: Cyprus (for RAF), Macau

Arrived in Brunei: 5 July 2019

Panaga Club, and provided us with a lot of invaluable information about life in Brunei. It felt good right away, so we made a family decision that this was going to be our home for the next couple of years.

Any surprises?

Brunei is so much more relaxed than I expected. Though we are living in the jungle, this place is more Western than we had anticipated. No different from a holiday in the Mediterranean, really. Actually, with the children being on their summer holidays it feels like a holiday, too. Though that will probably change when we move to our house and the boys will go out to school.

In shock about...?

I am not easily shocked, but when we arrived in KB at 2 o'clock in the morning after a long journey, I was really surprised when they showed us our bedroom. We are a family of 5, but we were given a bedroom with only one king-size bed... Fortunately, that was very easily rectified. We feel very lucky that the temporary apartment we have been given is very spacious and comfortable.

What was the best decision you made during your preparation?

To buy cars before we arrived in Brunei. As soon as we landed, we were able to drive. Having your own transportation is very important in terms of freedom. Especially in the beginning, since you have to arrange a lot. Being from England, we are used to driving at the left, so no problem there.

What is the biggest difference with your previous postings?

Our previous postings were far more individualistic and less relaxed. We arrived in Cyprus in 2003, shortly before the second Gulf War started. The stress levels on camp were very high, so that was a difficult start to our first overseas posting.

Here, people make you feel very welcome. We felt part of a community right from the beginning. Also I feel very

(continued)

Veterans & Rookies

lucky that we were allowed to choose a house. When you are in the UK military, your house is appointed to you, and may not always be in good condition. Here in Panaga all houses are big and properly renovated. So even if you don't end up in the house of your choice, it still is a great place.

What did you miss in the onboarding process?

Nothing really. Everything has gone very smoothly. If I missed anything, it was in the preparation phase. We were so busy packing our house and preparing it for rental that we did not give much thought or think to ask about our temporary accommodation, or how long it would take for the house to be ready to move into. You only can take a few suitcases for the first couple of months, so it is important to know what to pack. It turned out I packed a lot of unnecessary things, like 4 laptops. While a coffee maker, some kitchen utensils and more things to keep the children entertained would have been much more practical. Little things that make a big difference.

Anything worrying?

My biggest concern is how the children will settle into their new schools. My oldest two are going to boarding school in Bandar. That will be a massive change for all of us. But I am feeling less worried after being able to discuss my concerns with parents whose children have been boarding for some time. The good thing is, we had a long period to get used to the idea and get prepared. Steve had been offered the job in October, we went for the pre-visit in November, got our visa issued in April and finally moved to Brunei in July. As long as the process felt at the time, it was good in that it gave us all time to prepare and talk about any concerns which we had.

Will you explore new hobbies here?

I never had a hobby for the last 15 years. My only hobby was to take my children to theirs. For now my priority is making sure the boys are happy. Once they are settled, I will think about things for myself. My big love is

netball, so I will definitely take that up. I also would like to learn to play golf.

How about work?

I am going to pick up one of my former part-time jobs, for a short time at least. UK tax laws and rules are changing all the time, and this will give the opportunity to keep up to date and keep up my skills.

Hopes and dreams for the next years?

Travel a lot and just enjoy it. Hopefully we will have more family time. Being here is a wonderful opportunity for all of us, but especially for the kids, for learning and experiencing new things. A chance to come across people with different cultures and to explore the world.

Steph wants to know...

What would you do differently from when you first arrived?

Gail's answer: I would not have done anything differently. The only problem with having been an expat before is you build up some expectations. For instance: I want instant friends and would like to have my first party within a month... That is a little overambitious. It takes time to build up relationships.

The one experience (off the beaten track) we must have before we leave?

Gail's answer: A 2-hour boat trip with Marc and Wann (8168540 or 8996182) up the river into the mangroves and the water village in Bandar. It is one of the highlights in Brunei. Highly recommended!

Got some advice or tips about Brunei for Steph? Email your answers to her questions to outpostbrunei@shell.com. We'll share them with Steph and, if you're willing, publish them in the next issue of POP!

Tamu Time

Tamu Time: Long Beans

By Petra Pronk-Moelker

Sure, nothing beats the convenience of Supa Save for fruits and vegetables. But it is much more fun to pay a visit to the outdoor vegetable market (also known as the tamu) in KB and Seria. Vendors set up shop in Seria next to Soon Lee on Fridays and in KB next to the fish market (Pasarneka) on Saturdays and Sundays.

Stepping out of the blazing sunlight into the shadowy pathways (mind your head!) is like entering another universe. Small market stalls provide the perfect backdrop for an overwhelmingly colorful setting of tropical herbs, fruits and vegetables. So many of the forms, textures and smells are probably quite exotic to many expats. No doubt there are a lot of delicious meals hidden in this display of delights. The only problem is: you don't have the faintest idea what to do with most of these vibrant-looking ingredients.

With so many shades of green, yellow and red, it would be a shame to stick to good old tomatoes, cucumber and onions. That's why we are expanding our boundaries. In the next editions of POP we are going to explore the world of tropical fruits and vegetables. Starting with a slightly familiar one: the long bean.

Long bean with knife shown for scale.



Long beans look like gigantic green beans and are sold in long, floppy bunches at the outdoor markets in Kuala Belait and Seria.

Long beans

The long bean is also known as yard-long bean, pea bean, snake bean or asparagus bean. This vegetable is the big brother of the common green bean; a long bean can be 35 to 75 centimeters. It is a vigorous climber that thrives in hot temperatures, so it is especially happy here in Brunei.

Cooking with long beans

The long bean is one of the must-have Asian vegetables. The pods are best eaten when they are still young and slender. For cooking they are usually cut into short sections. The flavor and texture of long beans are different from green beans, and the preparation method is different. Whereas green beans are usually boiled, long beans are great when stir-fried. You can use them in most recipes instead of green beans, but they are especially awesome in Asian stir-fries. In Indian dishes they are usually stir-fried with shrimps and potatoes. In the Philippines they are commonly prepared with soy sauce, garlic and hot peppers. In Malaysian cuisine they are often used in cooked salads or stir-fried with shrimp-paste and chilies. Chopped in very short pieces the long bean is also used in omelets. They are also quite healthy:

(continued)

Tamu Time

low in fat and a good source of vitamin A and C, protein, magnesium and iron.

Growing long beans

Apart from being nice and healthy, the long bean also is very decorative. If you like gardening, this vegetable can be a playful element in your backyard. Growing long beans yourself is easy. Because they grow upward and not outward, they don't take up much horizontal

space. The seeds sprout easily; it will only take a week before the first leaves appear. In about 2 to 3 weeks the plants are about 30 cm long. When they grow vines they need to be transplanted as soon as possible in order to avoid them getting tangled together. Give them something to climb on (sticks, wire or a fence). For high quality beans, remove side sprouts and flower buds under 30 cm.

Long Beans with Ginger Beef

From "Beginners Thai" by Australian Women's Weekly

(serves 4)

- 120 g long beans, cut into 3 cm lengths
- 30 g piece fresh ginger
- 2 tablespoons peanut oil
- 600 g beef rump steak, sliced thinly
- 2 cloves garlic, crushed
- 8 green onions
- 2 teaspoons grated palm sugar
- 2 teaspoons oyster sauce
- 1 tablespoon fish sauce
- 1 tablespoon soy sauce
- ½ cup fresh Thai basil leaves

1. Slice peeled ginger thinly. Stack slices, then slice again into thin slivers.
2. Heat half of the oil in wok. Stir-fry beef in batches until browned all over.
3. Heat remaining oil in wok. Stir-fry ginger and garlic until fragrant.
4. Add beans. Stir-fry until just tender.
5. Return beef to wok with onion, sugar and sauces. Stir-fry until sugar dissolves and beef is cooked as desired.
6. Remove from heat. Toss basil leaves through stir-fry.



Snapshots

HM Sultan Bolkiah Visits Kuala Belait



(left) Sheena Hendry and her family get a selfie with His Majesty during his birthday visit to KB. (right) His Majesty poses with local dignitaries.

Azul Beach Club Summer Camp



(left) Art class with expressionist Rahim. (right) Beach football with Ghanim.



Beachball volleyball with Mari.

Snapshots

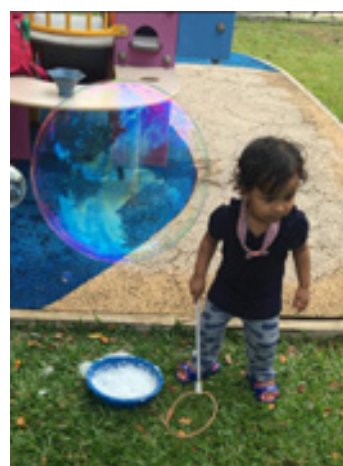
Azul Beach Club Summer Camp



Sandcastle competition winner, Sarisha (left), and runners-up.



Jungle Tots Summer Survival



Snapshots

Jungle Tots Summer Survival

(Previous page, from left) Poppy at a pool play date; Nida and her mum, Stacy, pose in front of the ambulance at the fire station; Veeru tries on a firefighter's coat and helmet at the fire station; Mairah poses next to a giant bubble at a bubble-fun activity.

(below, from left) Kids paint the sidewalk with (supposedly) washable paints; kids add color during a volcanoes and glaciers activity.



Outpost Coffee Mornings



(left) Coffee Morning at the Outpost office on July 8.

(below) Coffee Morning at the Panaga Club on August 5.



Notice Board



Please donate canned cat and dog food to:
E8/4, SPG 316.
WhatsApp: 673-896-4552

Your donations will go to Care and Action for Strays, foster homes, and local people known for distributing food to lost, abandoned, and stray domestic animals.

The "real" Panaga Sell and Wanted

Looking for something? Check out the Facebook group 'The "Real" Panaga Sell and Wanted' for household items large and small.



Notice Board



Settling in Sessions

When: Every Wednesday morning from 9 - 11 a.m.

Where: Outpost office (Lapanpuluh A1)

What: Outpost volunteers are available to answer newcomers' questions about relocating to Brunei and settling into the community.

Volunteers Needed!

If you're looking for a way to get involved in the community, the Panaga Club is always looking for volunteers. Check out their website to see what positions are open: <https://www.panagaclub.com/blogs/volunteers>



Azul Kidz Club

Join Today!

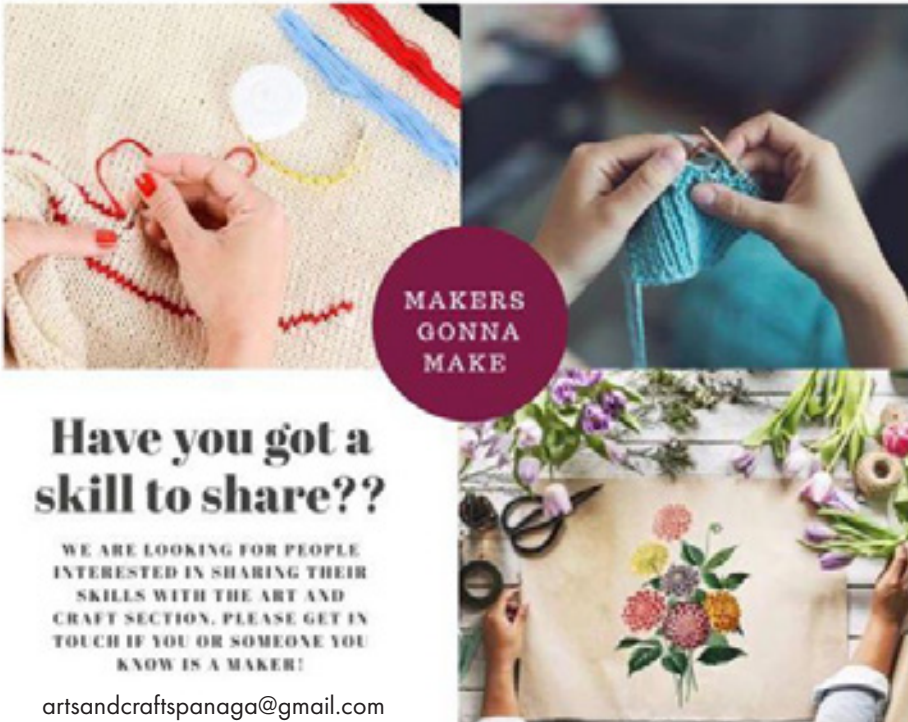


Membership Includes:

- ☐ Kidz Club T-shirt
- ☐ Membership Card
- ☐ FREE birthday lunch
- ☐ 1 year membership
- ☐ Plus exclusive offers

Only BND\$16

Notice Board



Have you got a skill to share??

WE ARE LOOKING FOR PEOPLE INTERESTED IN SHARING THEIR SKILLS WITH THE ART AND CRAFT SECTION. PLEASE GET IN TOUCH IF YOU OR SOMEONE YOU KNOW IS A MAKER!

artsandcraftspanaga@gmail.com

Language Classes

Malay Classes

Tuesdays at the Outpost office

Beginner: 9:30 - 10:30 a.m.

Intermediate: 8:30 - 9:30 a.m.

Email outpostbrunei@shell.com to register.

Would you like to learn Mandarin?

If there is enough interest, Outpost will start a Mandarin class. Let us know!

Would you like to teach English or Spanish?

We are looking for someone to teach an English class for amahs and a Spanish class for spouses. Get in touch if you're interested!



Brunei Public Calendar 2019

Date	Weekday	Holiday Name	Holiday Type
Jan. 1st	Monday	New Year's Day	
Feb. 5th	Tuesday	Chinese New Year	1st day of lunar month
Feb. 23rd	Saturday	National Day	Independence from the UK in 1984
Feb. 25th	Monday	National Day Holiday	
April 3rd*	Wednesday	Israk and Mikraj	The Prophet's Night Journey and Ascension
May 6th*	Monday	Ramadan begins	
May 22nd*	Wednesday	Nuzul Al-Quraan	Revelation of the Quran
May 31st	Friday	Royal Brunei Armed Forces Day	RBAF formed 1961
June 5-7th*	Wed - Friday	Hari Raya Aidil Fitri	
July 15th	Monday	H.M. Sultan's Birthday Holiday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Aug. 12th*	Monday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep. 1st	Sunday	Al-Hijra	Islamic New Year 1441
Nov. 9th*	Saturday	Maulud	Prophet Muhammad SAW's Birthday
Dec. 25th	Wednesday	Christmas Day	

* Date may vary due to the lunar calendar.

Community Events

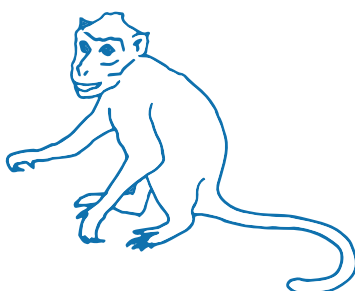
NIAC Dinner and Exhibition* *

** See page 5 of this issue for details.

Events



Event Information



Event Information



Panaga Club Nigerian Section

cordially invites you to the

Nigeria 159
NIGERIA INDEPENDENCE ANNIVERSARY CELEBRATION 2019 (NIAC)

Sounds & Beats of Nigeria

28th September: NIAC Golf Tournament @ Panaga Golf Club (7am – 12noon)
28th September: Team Naija & Friends vs Team Brunei @ BSRC Field (4.30pm – 6pm)
5th October: NIAC Dinner & Exhibition @ V-Plaza Grand Ballroom (6.30pm – 9.30pm)



Are you Ready?!
Team Naija & Friends vs Team Brunei
Sat, 28th Sept (4.30pm) @ BSRC Football field
ALL ARE INVITED!



Panaga Club Nigerian Section
cordially invites you to the

Nigerian Independence Anniversary Celebration (NIAC) Golf Tournament
Date: 28th September 2019
Sign-up begins 14th September at the Panaga

Local Etiquette

Behaviours to be mindful of when in Brunei

Dear New Arrivals and Shell visitors to Brunei,

Welcome to Brunei. Bruneians and the Bruneian culture is warm, hospitable and welcoming. Bruneians value family, community, respect, honour and care. In the context of these values and their strong Islamic beliefs there are several behaviors that are deemed not acceptable which we urge everyone entering Brunei to be aware of.

While residing in Brunei or visiting Brunei, be mindful of the following behaviours that are not culturally accepted and can be misunderstood. It is important not to underestimate the potential legal consequences resulting from these behaviours.

Anyone who gets into legal difficulties in these areas should report them to Legal Team in Brunei Shell Petroleum Sdn Bhd. Please take some time to review the list and keep in mind that anyone detained or questioned by officials should remain calm, polite and cooperative.

As Islam is the official state religion of Brunei Darussalam, with its political system governed by the constitution and national tradition of the Malay Islamic Monarchy ('Melayu Islam Beraja' or MIB), there are strict rules and behaviors that everyone is expected to adhere to. The role of face, shame and honor is crucial to Bruneians, emphasizing the importance of respect and manners. Homosexuality is not condoned.

Please refrain from:

- ✓ Making disparaging comments about (i) His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam; (ii) The Government of His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam; and (iii) the Royal family of Brunei Darussalam
- ✓ Making public anti-Islamic/blasphemous statements
- ✓ Gifting religiously inappropriate presents to Muslims (e.g. toy dogs, pigs or anything made of pigskin and foods that are not 'halal')
- ✓ Failing to cooperate with the police or armed forces
- ✓ Swearing or using obscene language and gestures in public
- ✓ Pointing with the index finger is also considered extremely rude in Bruneian culture
- ✓ Public displays of affection (kissing, hugging etc.)
- ✓ When meeting locals of the opposite sex, it is inappropriate to have any physical contact (e.g. a congratulatory pat on the back etc.) and they may not even be comfortable shaking hands (you can nod your head in greeting or wait for them to extend their hand)
- ✓ Wearing clothes that are revealing or not conservative in the office, public and government offices (bare shoulders, low cut blouses, shorts or skirts above the knee etc.) are not acceptable
- ✓ When entering a Bruneian person's home, it is recommended to take off your shoes unless the host allowed you to keep them on
- ✓ Possession and/or use of illegal drugs
- ✓ Being intoxicated in public, drinking alcohol in a public place and offering alcohol to a Muslim
- ✓ Drinking and driving
- ✓ Entering someone's private property without formal permission
- ✓ Disseminating false information on social media
- ✓ Proselytizing (i.e. trying to convert Muslims)
- ✓ Failing to inform the Police if a person you sponsor, such as a maid, goes missing

If you have any questions or require further information, please contact

outpostbrunei@shell.com : Outpost Focal Point

Daniel.Elustondo@shell.com : Head of Ethics & Compliance, BSP

Beverley.Ogbaide@shell.com : Head HR Policy, Remuneration & ER/IR, BSP HR

Ivo.I.Verstralen@shell.com : Shell Shareholder Representative, Upstream

Emergency Numbers

Government Hotlines (24Hrs)

Ambulance.....	991
Police.....	993
Fire & Rescue	995
Search & Rescue	998

BSP Emergency Contact Numbers

BSP Emergency	337 2999
BSP HQ Security (24 hours).....	337 4292 / 337 4296
BSP HSE Duty Security	873 0905 / 872 1041

Medical & Health Services

Ambulance (24 hours).....	337 2200
Panaga Health Centre Outpatient Reception	337 2306 / 337 3033
Dental Clinic (office hours)	377 2540
Animal And Vector Control (24 hours):.....	872 3006

Integrated Facilities Management

Housing Gen. Civil & Electrical Maint. (24 hours)	719 3547
Camp Services	874 2034

Others

Panaga School Hotline (office hours)	337 2139
Panaga School Hotline (after working hours)	877 7028
BSRC Hotline (office hours)	337 3503
BSRC Hotline (after working hours).....	337 4091
Panaga Club Hotlines	337 2265 / 337 5754 / 337 2234



why not hang these on your fridge for
easy access?

Panaga Health Centre

Outpatient Department

Service hours

Monday to Thursday
7:00 a.m. - 12:00 p.m.
1:00 - 4:00 p.m.

Friday
7:00 a.m. - 12:00 p.m.
2:00 - 4:00 p.m.

Registration to see doctor

Monday to Thursday
7:00 - 9:00 a.m.
9:30 - 11:00 a.m.
1:00 - 3:00 p.m.

Friday
7:00 - 11:30 a.m.
2:00 - 3:30 p.m.

Extended Hours Clinic

Monday to Friday
Location
7:30 - 8:30 p.m.
Medical Emergency Response Unit

Saturdays
Location
9:00 - 10:00 a.m.
Outpatient Clinic

Sundays and public holidays
Location
9:00 - 10:00 a.m.
Medical Emergency Response Unit



Outpost Brunei Team 2019



Marleen Spaans
Focal Point



Wijnand Hoitinga
Secretary



Olayinka Idowu
Treasurer



Aanchal Bhushan
Relocation Advisor



Robbert-Jan Pierik
Public Relations



Pratibha Prasad
Event Coordinator



Alvin Machia
Webmaster



Rachel Laramée
POP Editor